



WISCONSIN BEHAVIORAL RISK FACTOR SURVEY
1998



The 1998 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 2,205 adults (age 18 and older). Results are weighted to represent the 2.7 million adults ages 18-54, and 1.2 million age 55 and older, living in Wisconsin households.

PERCEIVED HEALTH STATUS						
	Age Groups					
	All Adults		18-54		55 +	
	%	(+/-)	%	(+/-)	%	(+/-)
• Health in general is:						
Excellent or very good	59	2	66	2	42	4
Good	29	2	27	2	34	4
Fair or poor	12	1	7	1	23	3
• Number of days during the past 30 that your....						
...mental health was not good:						
0 days	62	2	56	2	76	3
1-5 days	24	2	28	2	16	3
6-30 days	13	1	16	2	7	2
...physical health was not good:						
0 days	63	2	64	2	62	4
1-5 days	23	2	26	2	15	3
6-30 days	13	1	10	1	19	3
• ...health kept you from doing your usual activities (persons with 1+ days poor mental/physical health):						
0 days	65	3	66	3	61	5
1-5 days	21	2	24	3	13	4
6-30 days	13	2	10	2	24	5

(+/-) = 95% confidence interval

RISK FACTORS FOR CHRONIC DISEASE						
	Age Groups					
	All Adults		18-54		55 +	
	%	(+/-)	%	(+/-)	%	(+/-)
• Current cigarette smoker	23	2	28	2	12	2
Percent of smokers who quit smoking 1 day or longer in past year	47	5	50	5	ss	Ss
• Former cigarette smoker	29	2	23	2	44	4
• Ever smoked a cigar	50	2	54	2	40	4
• Smoked a cigar in past month	6	1	8	1	3	1
• Overweight (BMI)*	34	2	30	2	43	4
Percent among those overweight....						
...trying to lose weight	57	3	60	4	54	6
...trying to maintain weight	27	3	26	4	29	5
• Not overweight (BMI)*	65	2	69	2	56	4
Percent among those not overweight....						
...trying to lose weight	26	2	27	3	21	4
...trying to maintain weight	44	3	45	3	42	5
• Ever diagnosed with diabetes by a health professional	4	1	2	1	10	2
• Ever had blood cholesterol checked	70	2	62	2	89	2
Persons who ever had cholesterol checked and were told it was high during their last exam	31	2	23	3	43	4
• Physical activity in past month:						
Vigorous	13	1	14	2	11	2
Regular	32	2	33	2	32	4
Irregular	31	2	34	2	25	3
Physically inactive	23	2	19	2	32	4
• Fruit/vegetables consumed in past month:						
Less than 1 serving per day	4	1	5	1	2	1
1-4 servings per day	70	2	73	2	64	4
5+ servings per day	26	2	22	2	35	4

* Body Mass Index
ss = Sample size too small (fewer than 100 cases)

FINDINGS FOR SELECTED YEARS						
	1998		1997		1990	
	%	(+/-)	%	(+/-)	%	(+/-)
Health Screenings						
• In the past year had....						
...routine check-up	60	2	64	2	62	2
...cholesterol checked	43	2	na	na	46	3
...Pap smear (F)**	68	3	64	3	na	na
...clinical breast exam (F)	67	3	64	3	63	4
...mammogram (F 50+)	59	4	57	4	39	6
Risk Behaviors						
• Current cigarette smoker	23	2	23	2	25	2
Males	24	3	26	3	26	4
Females	23	2	21	2	23	4
• Overweight (BMI)*	34	2	32	2	23	2
Males	36	3	36	3	26	4
Females	31	3	29	3	21	3
• In the past month....						
...had 60 or more drinks	5	1	5	1	5	1
Males	8	2	9	2	9	2
Females	2	1	2	1	2	1
...had 5 or more drinks on one occasion	22	2	23	2	27	2
Males	31	3	36	3	40	4
Females	14	2	11	2	15	3
...drove after having too much to drink	5	1	5	1	6	1
Males	7	2	9	2	9	2
Females	3	1	2	1	3	1

na = Not asked
** Excluding women who have had a hysterectomy

TECHNICAL NOTES

The Behavioral Risk Factor Survey is a representative, statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents who are selected through a stratified random sample. Results are weighted to account for both nonresponse and sample design, and to adjust for the age-sex distribution of Wisconsin’s population. The survey was designed by the Bureau of Health Information in cooperation with the U.S. Centers for Disease Control and Prevention. Survey sampling and interviewing were conducted by the Wisconsin Survey Research Laboratory, University of Wisconsin-Extension.

In 1998, 1,534 respondents were 18 to 54 years old, and 671 were 55 or older. There were 2,245 respondents in 1997 and 1,260 in 1990.

Columns labeled (+/-) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

The Centers for Disease Control and Prevention provided the following definitions: **Current smokers** are those who smoke currently, either every day or only some days, and have smoked more than 100 cigarettes in their lifetime. The percentage of **smokers who quit for 1 day or longer in past year** is based on those who smoke every day (those who smoke only some days are excluded). **Overweight** is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI greater than 27.3 for females and 27.8 for males is considered overweight. **Physical activity** estimates are derived from self-reported exercise type, duration, and frequency. Exercise was classified as **vigorous** if rhythmic contraction of large-muscle groups at 50% of functional capacity was performed three or more times per week and lasted at least 20 minutes on each occasion. **Regular** activity involved less than 50% of functional capacity. **Irregular** activity was that occurring for less than 20 minutes or fewer than three times per week. A respondent with no reported activity was classified as **physically inactive**. **Fruit and vegetable consumption** was calculated from answers to six questions about frequency of consumption of fruit juices, fruit, salad, potatoes, carrots, and other vegetables. A **drink** of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor. The prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults have never been tested.

Differences in estimates between years, age groups, or sexes may not be statistically significant. For additional information about the BRFS, call Pamela Imm at 608-267-7264. For other health data, visit our Web site at <http://www.dhfs.state.wi.us/stats/index.htm>

Health Counts
in Wisconsin

New Findings from the Bureau of Health Information

BEHAVIORAL RISK
FACTORS

1998

Division of Health Care Financing
Department of Health and Family Services